



# September 11th 2014: 1-2-3 Brick

1 mile run, 2 laps on the bike (12.6 miles), 3 mile run



## Overall Results

(See below for Age Group Results)

*Includes T1 time*

*Includes T2 time*

Name	AgeGroup	1mile run (clock)	Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	3mile run (split)	Pace per mile	Finish Time
Joseph Drees	M 30-39	06:43	24:08	17:25	21.7	40:44	16:36	22.8	23:34	07:51	1:04:18
Joshua Hanley	M < 30	06:44	24:11	17:27	21.7	40:45	16:34	22.8	23:35	07:52	1:04:20
Peter Thompson	M < 30	06:56	25:39	18:43	20.2	43:11	17:32	21.6	21:30	07:10	1:04:41
Nicole Bennett	F 30-39	07:51	26:46	18:55	20.0	44:52	18:06	20.9	24:14	08:05	1:09:06
Fred Chrisfield	M 50+	07:35	27:04	19:29	19.4	45:28	18:24	20.5	26:45	08:55	1:12:13
William Smith	M 50+	07:17	27:45	20:28	18.5	46:50	19:05	19.8	25:30	08:30	1:12:20
David Federspiel	M 40-49	07:29	27:30	20:01	18.9	46:00	18:30	20.4	26:25	08:48	1:12:25
Thomas Buck	M < 30	08:06	28:11	20:05	18.8	47:19	19:08	19.8	26:05	08:42	1:13:24
Amy Benedict Campb	F 30-39	06:52	28:43	21:51	17.3	49:25	20:42	18.3	24:26	08:09	1:13:51
Erin Sheehan	F < 30	07:46	29:27	21:41	17.4	49:21	19:54	19.0	26:39	08:53	1:16:00
Doug Mess	M 50+	07:19	29:24	22:05	17.1	50:20	20:56	18.1	25:51	08:37	1:16:11
Tim Dickey	M 30-39	07:44	28:37	20:53	18.1	48:59	20:22	18.6	27:25	09:08	1:16:24
Brad Hilimon	M 30-39	07:40	29:09	21:29	17.6	49:51	20:42	18.3	27:10	09:03	1:17:01

## Age Group Results

Name	AgeGroup	1mile run (clock)	<i>Includes T1 time</i>			<i>Includes T2 time</i>			3mile run (split)	Pace per mile	Finish Time	Points
			Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph				
Erin Sheehan	F < 30	07:46	29:27	21:41	17.4	49:21	19:54	19.0	26:39	08:53	1:16:00	7
Nicole Bennett	F 30-39	07:51	26:46	18:55	20.0	44:52	18:06	20.9	24:14	08:05	1:09:06	7
Amy Benedict Campb	F 30-39	06:52	28:43	21:51	17.3	49:25	20:42	18.3	24:26	08:09	1:13:51	5
Joshua Hanley	M < 30	06:44	24:11	17:27	21.7	40:45	16:34	22.8	23:35	07:52	1:04:20	7
Peter Thompson	M < 30	06:56	25:39	18:43	20.2	43:11	17:32	21.6	21:30	07:10	1:04:41	5
Thomas Buck	M < 30	08:06	28:11	20:05	18.8	47:19	19:08	19.8	26:05	08:42	1:13:24	3
Joseph Drees	M 30-39	06:43	24:08	17:25	21.7	40:44	16:36	22.8	23:34	07:51	1:04:18	7
Tim Dickey	M 30-39	07:44	28:37	20:53	18.1	48:59	20:22	18.6	27:25	09:08	1:16:24	5
Brad Hilimon	M 30-39	07:40	29:09	21:29	17.6	49:51	20:42	18.3	27:10	09:03	1:17:01	3
David Federspiel	M 40-49	07:29	27:30	20:01	18.9	46:00	18:30	20.4	26:25	08:48	1:12:25	7
Fred Chrisfield	M 50+	07:35	27:04	19:29	19.4	45:28	18:24	20.5	26:45	08:55	1:12:13	7
William Smith	M 50+	07:17	27:45	20:28	18.5	46:50	19:05	19.8	25:30	08:30	1:12:20	5
Doug Mess	M 50+	07:19	29:24	22:05	17.1	50:20	20:56	18.1	25:51	08:37	1:16:11	3